

PLANT NAME: Goldenrod (aka Aaron's Rod, Solidago, Verg d'Or, Goldruth, Wound Weed, Blue Mountain Tea, Woundwort)

LATIN NAME: *Solidago spp.*

FAMILY: Asteraceae [Daisy family]

DESCRIPTION: Pandemic to Northern Hemisphere. Varies depending on species. Generally 3-5 feet, lance-shaped leaves, yellow club-like flower clusters.

TASTE: Pungent, Bitter, Astringent (bitter, sweet, or salty, depending on species)

ENERGY: Warm/Dry

PART USED: Flowering herb, upper third of plant (High Summer)

GATHERING TIME: In flower

LOCATION: Everywhere

CONSTITUENTS: tannins, saponins, flavonoids, bitter and stringent constituents

ORGAN AFFINITIES: Kidneys, Mucous Membranes, Skin

TISSUE STATE: Atrophy, Torpor

WESTERN CLASSIFICATION: antibacterial, antifungal, antiseptic, aromatic, astringent, carminative, diaphoretic, diuretic, hypotensive, vulnerary, antihemorrhagic, female reproductive tonic (?)

CHINESE CLASSIFICATION: (o) Female Repro(?); (o,-) Kidney-Bladder, (o,-) Lymph-Immune; (o) Mucous Membranes; (-) Blood/Lymph; (-) Digestion, (-) Liver

RED FLAG SYMPTOMS: UTIs, Respiratory congestion

USES:

1. On its own and in formula for treatment of **urinary tract concerns**. It is a mild non-irritating diuretic with urinary antiseptic and mucus-membrane soothing properties. Long-term use as a diuretic might deplete potassium, but excellent for short-term use in treatment of any urinary tract infection (urethritis, cystitis, kidney stones and gravel). Not, however, for acute nephritis. Indicated for symptoms where have the feeling to go, but can't (*with uva ursi, cleavers, hydrangea, pipsissewa, corn silk, gravel root, berberine-containing plants, arbutin-containing plants, methyl-salicylate-containing plants, echinacea*). Also excellent for treatment of blood in urine (hematuria) because of antihemorrhagic properties (*with shepherd's purse, yarrow*). Also somewhat sedating to urinary tract, so useful for passing of gravel and stones. Seaside goldenrod's (*S. sempervirens*) salty constituents make it more tonifying for kidneys. Key symptoms might include dark, scanty urine or clear, copious urine.
2. For treatment of **upper-respiratory catarrh** (persistent wet cough). Any upper respiratory infection, whether it be viral, fungal, or bacterial. Helps to clear congestion, soothe mucus membranes, heal ulcerated tissue (with echinacea, spilanthes, usnea, elder, propolis, etc.) from toothache and mouth sores (canker sores aka aphthous stomata), gingivitis, pyorrhea. Symptoms might include red eyes, glazed, watery eyes, itching nose. **Useful as gargle for pharyngitis and laryngitis**
3. As a **vulnerary**, used both internally and topically. Dried powdered herb can be applied as an antiseptic styptic in wounds, cuts, abrasion, ulcers, to stop bleeding and prevent infection. Also soothing for bites and stings. Internally useful in tea and tincture for accelerated healing of bruises of all kinds. **Genus name means "to make whole," or "to heal,"** and got its name

in Europe for this quality in regard to healing wounds and bruises. Especially Canada Goldenrod (*S. canadensis*) and European goldenrod (*S. virgaurea*)

4. **Antifungal properties** make it useful in formula for treatment of Candida in all forms (thrush, vaginal, systemic). As a mouth rinse, douche, tea, or tincture. It's safe so can be used long term. (*with black walnut, usnea, echinacea, myrrh, golden seal [and other berberine containing plants], cardamom*);
5. Mild effect as **hepatic drainer**, facilitates elimination of *toxins* (*with turmeric, dandelion root, Oregon grape, sarsaparilla, agrimony*).
6. In addition to its diuretic properties outlined above, also helps to eliminate cholesterol, proteins, and albumin from blood, hence is a good **hypotensive agent**.
7. As **digestive tonic and carminative**, useful for relief of indigestion, flatulence, dyspepsia, acid stomach, dysentery, enterocolitis (inflammation of small and large intestines), diarrhea. More fragrant species are more palatable carminatives (*S. odora*)
8. Some species reputed to have **regulatory effect on menses** (Canada goldenrod and European goldenrod).
9. Europeans and Native Americans used **tea as a wash for sores, bruises, headaches, neuralgia; used in steams to drive pain away**.
10. **Hot tea is diaphoretic**, useful for bringing down fevers. Antiseptic qualities helpful here as well. Sweet Goldenrod also pleasant to taste.
11. As a **prophylactic to calm hyper-immune state toward environmental allergies**. Not to be used during middle of full-blown allergy to relieve symptoms. Some better than others (Sweet goldenrod, Seaside goldenrod). Also **useful anytime for prevention and relief of cat allergies**.
12. Useful in treatment of **skin eruptions**, certain eczema, red scaly outbreaks on scalp, small sheets of pimples on face, scaly, reddish patches of skin, especially on legs (M. Wood);
13. This from Matthew Wood. For mind: tired out, can't process issues of life, feet tired, "where's the nearest chair," exhausted, incapable of processing life experiences, tired lower back, tired feet, exhausted kidneys."

PREPARATIONS/DOSAGE

TEA: 2 tsp. 8 oz. Water, steep covered 30 minutes, drink 2 cups daily.

EXTRACT: Fresh 1:2.5 60% ETOH. 10% glycerin 20-30 drops 3X daily.

CAUTIONS/CONTRAINDICATIONS: Nephritis, also use cautiously with people highly allergic to ragweed

MISCELLANEOUS: "*Solidago*" means "to make whole," and "to heal;"

A very safe plant medicine, even for infants. Also safe for pets (dogs, cats, horses) for similar urinary tract, respiratory, vulnerary, and digestive issues.,

Homeopathy: used as hepatic renal drainer, when there is a painful tenderness pressing the two costo-lumbar angles, ties in with tired kidneys.

Astrological/Magical: Associated with planet Venus, Feminine gender, element Air. Attributed magical powers include divination (wear a sprig of goldenrod flowers to foresee your future lover); and attracting money -- folkloric tradition holds that it can serve as a divining rod, flowers held in hand nod toward treasure. It is also used in money spells.